

Talking to Your Children about Sex

Talking to your kids about sex can be tough, especially when you are not sure what they need to know, when they need to know it, or how to tell them.

The first step is to get comfortable with the subject. You may need to:

- think about your own feelings about sex
- read some information
- talk with friends
- practice what to say and how to say it

Think about the questions your kids might have. How do *you* feel about the subject?

Decide ahead of time what messages you want to give your child.

What is the right information at each age? Sex education is a life-long experience. Your child needs different information at different stages of development. A four-year-old needs a lot less information than a teenager does. A teenager needs (and can understand) much more detailed information to make healthy decisions.

To help you talk to your kids about sex, this booklet gives you topics to cover at each stage of your child's development. Young people need information, skills and support to make healthy choices. Begin the conversation today!

